



Evidence-Based Health Promotion for Older Adults:
Collaborating with Community Partners



Medication Management — Resources

I. Overview

According to the National Council on Aging (NCOA), older adults are the greatest consumers of prescription and over-the-counter medications per day in the nation. Specifically, individuals age 65 and over account for 34% of prescription medications, 50% of over-the-counter medications, and more than 80% take at least one medication per day. The resources found below may assist community program planners in designing interventions to help the aging population make sense of how, when, and why to take their medications appropriately.

II. Assessment

- A. [Think it Through: A Guide to Managing the Benefits and Risks of Medicines](#)

III. Toolkits

- A. [Medications Management in Home Health Care Toolkit](#)
- B. [Vial of Life Project](#) (Free record system for tracking medications)
- C. [Center for Healthy Aging- Medication Management resources](#)

IV. Articles

- A. Beers, M. H. (1997). [Explicit Criteria for Determining Potentially Inappropriate Medication Use by the Elderly](#). *Archives of Internal Medicine*, 157(14), 1531-1536. (Journal access required)
- B. Budnitz, D. S., Shehab, N., Kegler, S. R., & Richards, C. L. (2007). [Medication Use Leading to Emergency Department Visits for Adverse Drug Events in Older Adults](#). *Annals of Internal Medicine*, 147(11), 755-765.
- C. Fick, D. M., Cooper, J. W., Wade, W. E., Waller, J. L., Maclean, J. R., & Beers, M. H. (2003). [Updating the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults](#). *Archives of Internal Medicine*, 163, 2716-2725.
- D. Institute of Medicine. [Preventing Medication Errors: Quality Chasm Series](#). Washington, DC: National Academies Press; 2007.
- E. Kuwajerwala, N. K., & Reddy, R. C., Kanthimathinathan, V. S., Siddiqui, R. A., [“Perioperative Medication Management.”](#) *WebMD eMedicine*. August 19, 2008.
- F. Roses, A. D. (2000). [Pharmacogenetics and the practice of medicine](#), *Nature*, 405, 857-865. (Journal access required)
- G. Tangalos, E. G., & Zarowitz, B. J. (2006). [Medication Management in the Elderly](#), *Clinical Care and Aging Annals of Long Term Care* 14(8), 27-31.

V. Additional Resources

- A. [American Medical Directors Association for Long-Term Care](#) (Clinical tools for professionals and consumers):
- B. [Partners in Care Foundation – Community Based Medication Management](#) (Evidence-based intervention to aid professionals in identifying and resolving medication issues among frail elders in the community):
- C. U.S. Food and Drug Administration – [Medicines and You: A Guide for Older Adults](#)
- D. [Medication Management Improvement System-MMIS](#), A Partners in Care Aging Innovation.